

CLAIMS

What is claimed is:

- 1.-11. (Canceled)
12. (New) A composition comprising a therapeutically effective amount of protein extract from fish having histidine for weight reduction diets for maintaining the body protein and concurrently reducing the body fat in an animal.
13. (New) The composition of claim 12, wherein said fish is Bonito.
14. (New) The composition of claim 12, wherein said composition comprises about 12% to about 20 % of histidine.
15. (New) The composition of claim 12, wherein said composition is in a form consisting of tablet, capsule, flake form, soup stock powder, and feed for animals.
16. (New) The composition of claim 12, wherein said animal is a human being.
17. (New) The composition of claim 12, wherein said composition is obtained by steps comprising: (a) extracting protein-containing histidine from fish, (b) deodorizing the protein extraction by charcoal to provide deodorizing extract, (c) concentrating the deodorizing extract using reverse osmosis membrane to provide concentrated extract, (d) desalinating the concentrated extract using electrodialysis to provide desalinated extract, and (e) powderizing the desalinated extract.